

NAVY ALCOHOL AND DRUG ABUSE PREVENTION (NADAP)

AUGUST 2015



CALLING ALL CREATIVES!

Now is your chance to put your creativity to the test, show the Navy what responsible drinking means to you and help your shipmates make smart decisions.

The Keep What You've Earned (KWYE) campaign recognizes how hard you've worked to be successful in your career. As a Sailor, you've made sacrifices in your life, including choosing a more responsible lifestyle than perhaps some of your peers outside of the Navy. The campaign encourages you to celebrate all that you have accomplished during your time in the Navy, and to protect your career, life, and the lives of those around you by choosing to drink responsibly.

WHAT DOES RESPONSIBLE DRINKING MEAN TO YOU?

If you've ever been at a bar with your friends and wanted to scream "Stop embarrassing yourself!", or woken up after a night out and wished you had passed up on that extra beer, here's your opportunity to remind others not to make the same mistake. If you've ever been worried about a friend's drinking habits but didn't know how to speak up, this is your chance to have a voice. If you've watched a Sailor get in a car with someone who has been drinking, now is the time to get your message out there and encourage responsible decision-making.

The "Keep What You've Earned" campaign needs your help spreading these messages of responsible drinking to the Navy community. The campaign encourages all Sailors with creative and meaningful messages about responsible drinking to participate in the poster contest.

Please email your submissions and any questions to sara.sisung.ctr@navy.mil. There is no limit on the number of submissions per Sailor, so feel free to submit all of your slogan and design ideas. If you win, your poster will be featured on the Navy Alcohol and Drug Abuse Prevention (NADAP) Office website and will be available for download by our campaign partners. You will serve a pivotal role in helping the campaign find new, creative ways to promote responsible decision-making in the Navy.

To learn more about the KWYE poster contest and read guidelines on how to submit your ideas please visit [here](#).

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Calling All Creatives!

Help us design the next
Keep What You've Earned
slogan and poster series!

Click here for
contest rules and
submission details.

DRINK RESPONSIBLY.
**KEEP WHAT
YOU'VE EARNED**

www.nadap.navy.mil

SEPTEMBER IS NATIONAL RECOVERY MONTH

Every September, the Substance Abuse and Mental Health Services Administration (SAMHSA) (<http://www.samhsa.gov>) sponsors National Recovery Month (Recovery Month), an observance that increases awareness and understanding of mental and/or substance use disorders while encouraging those in need to seek treatment for these conditions. This year's theme, "Join the Voices for Recovery: Visible, Vocal, Valuable!" highlights opportunities for recovery education, support, and celebration. The theme encourages communities to: be visible by knowing the prevalence of mental and/or substance use disorders; be vocal by noticing warning signs and symptoms; and be valuable by raising awareness of the resources available to help.

IN 2015, RECOVERY MONTH WILL:

- Spread the message that behavioral health is essential to overall health, prevention works, treatment is effective, and people recover from mental and/or substance use disorders;
- Educate Americans about how to identify signs and symptoms of mental and/or substance use disorders;
- Empower high school students, college students, family supports, and peers in recovery to start conversations about behavioral health conditions; and
- Celebrate people in long-term recovery and recognize those who are dedicated to providing prevention, treatment, and recovery support services.

Resources are available through the Recovery Month website: <http://www.recoverymonth.gov>. Resources for this year's Recovery Month observance include:

- A toolkit for event organizers and attendees, featuring resources for prevention, treatment, and recovery support services; and tips to assist in event planning and community outreach, at <http://www.recoverymonth.gov>
- SAMHSA-produced television and radio public service announcements and the Road to Recovery television and radio series, at <http://www.recoverymonth.gov>
- A Recovery Month website and accompanying social networking websites, including:
 - Facebook (<http://www.facebook.com/RecoveryMonth>),
 - Twitter (<http://www.twitter.com/RecoveryMonth>),
 - YouTube (<http://www.youtube.com/user/RecoveryMonth>);
- A poster and web banners at <http://www.recoverymonth.gov/promote/banners-logos-flyers>



Posters and Fact sheets are available for order through the Navy Logistics Library. Supply personnel must order them via

<https://nll2.ahf.nmci.navy.mil/>
Multiple print products, social media messaging, leadership talking points, and videos are available for download at www.nadap.navy.mil.

Title	Publication Number
Seabee Poster	NAVPERS 535017
Medical Poster	NAVPERS 535018
Submarine Poster	NAVPERS 535016
Surface Poster	NAVPERS 535015
Aviation Poster	NAVPERS 535014
Sailor's Fact Sheet	NAVPERS 535019
Drink Responsibly Every Time Banner	NAVPERS 535023
Plan Ahead for a Safe Ride Banner	NAVPERS 535022
Keep What You've Earned	NAVPERS 535024
It Wasn't Easy Getting Here Banner	NAVPERS 535021
You've Earned It banner	NAVPERS 535020
Table Tents	NAVPERS 535030
Table Coasters	NAVPERS 535029

10TH NATIONAL PRESCRIPTION DRUG TAKE-BACK EVENT

The Drug Enforcement Administration announced that the **10th national prescription drug take-back will take place September 26th from 10 a.m.-2 p.m.** As with the previous nine take-back events, sites will be set up throughout communities nationwide so local residents can return their unwanted, unneeded, or expired prescription drugs for safe disposal.

Collection sites in every local community can be found by going to www.dea.gov. This site will be continuously updated with new take-back locations.



The national prescription drug take-back addresses a vital public safety and public health issue. Many Americans are not aware that medicines that languish in home cabinets are highly susceptible to diversion, misuse, and abuse. Rates of prescription drug abuse in the U.S. are at alarming rates, as are the number of accidental poisonings and overdoses due to these drugs. Studies show that many abused prescription drugs are obtained from family and friends, including from the home medicine cabinet. In addition, many Americans do not know how to properly dispose of their unused medicine, often flushing them down the toilet or throwing them away – both potential safety and health hazards.

In the previous nine take-back events nationwide from 2010-2014 more than 2,000 tons of unwanted medication were collected.

Order the National Take Back Day Banner today!



PRESCRIPTION FOR DISCHARGE
Zero Tolerance. Infinite Risk.

Posters and Fact sheets are available for order through the Navy Logistics Library. Supply personnel must order them via <https://nll2.ahf.nmci.navy.mil/>. Multiple print products, social media messaging, leadership talking points, and videos are available for download at www.nadap.navy.mil.

Title	Publication Number
Prescription For Discharge FactSheet	NAVPERS 535502
Prescription For Discharge Poster 11x24	NAVPERS 535503
Prescription For Discharge Poster 18x24	NAVPERS 535504
Prescription For Discharge Postcard	NAVPERS 535505
Prescription For Discharge Table Tents	NAVPERS 535506
Infographic Poster	NAVPERS 535507
Prescription For Discharge Banner 5x8	NAVPERS 535508
Prescription For Discharge Banner 3x5	NAVPERS 535509
National Take Back Day Banner	NAVPERS 535510

WHAT RECOMMENDATIONS DO YOU HAVE FOR THE KEEP WHAT YOU'VE EARNED CAMPAIGN?

Since the "Keep What You've Earned" campaign's inception in 2013, the Navy Alcohol and Drug Abuse Prevention (NADAP) Office has involved Sailors in the development of the campaign to better understand their drinking habits and how alcohol use is perceived in the Navy as a whole. This summer NADAP has launched the campaign's second annual survey, available at <https://survey.max.gov/index.php/167456/lang-en>. This survey allows the NADAP Office to gather feedback on the campaign and the Navy's drinking habits.



The anonymous survey asks Sailors about their personal use of alcohol, any changes they have noticed in use of alcohol among their peers and shipmates, and their awareness of alcohol abuse prevention efforts like the Keep What You've Earned campaign.

The survey will help us determine how effective the Keep What You've Earned campaign has been in encouraging responsible drinking habits among Sailors, and what recommendations they have for future campaign activities. We look forward to hearing new, creative ideas from the Fleet on this important readiness issue.

TAKE THE "PLAY TO LIVE PLEDGE"

As a commitment to drinking responsibly, all Navy personnel and their families are encouraged to sign the Play to Live Pledge. Alcohol abuse prevention personnel can promote the pledge among their commands to further create a safer environment for all this summer. **The pledge serves as a commitment to making smart choices if drinking alcohol this summer.** The pledge also asks Sailors to choose one or more responsible drinking tactic, such as "plan ahead for a safe ride home." Take the pledge at <https://survey.max.gov/654241>

You've earned it—
don't waste it.

Pledge to
**Drink
Responsibly**
this summer.

**Don't
drink
and**

☐ drive

☐ boat

☐ swim

☒ all of the
above

To take the
Play to Live pledge,
visit
www.nadap.navy.mil.

DRINK RESPONSIBLY.
**KEEP WHAT
YOU'VE EARNED**

THE ROLE OF FAMILY AND LOVED ONES IN SUBSTANCE MISUSE

Through the years, studies from the Department of Veterans Affairs, the Substance Abuse and Mental Health Services Administration and other organizations have shown a relationship in service members between stressful events during training or while deployed and later a dependence upon alcohol, tobacco or other substances. Those who have experienced such stressful events may turn to substance use to help them find relief or temporarily distract themselves from stress, upsetting memories, depression and/or troubled sleeping. Some individuals also report that chronic pain resulting from an injury can be so distracting and debilitating that they may turn to substance abuse as a way to manage the pain.

Having difficulty coping with a traumatic event does not automatically cause problems with alcohol or substances; however, service members who have experienced combat and traumatic experiences are more likely than others to have problems with substance use. Without support, substance misuse can spiral out of control, leading to continued difficulty with combat stress, tension, sleep, relationships and managing responsibilities.

Family members can help their service member by seeking out information and understanding some of the stressors and emotions a service member may experience as they cope with substance use problems. Family members also benefit from knowing how best to offer support and encouragement. The information in this article is designed to help family members provide the care and support needed to help service members reach and sustain recovery.

Overcoming substance dependence can be a challenging process filled with high and low points along the way. Service members or military family members may find themselves becoming discouraged after repeated attempts to help themselves or a loved one. **The best way to support a loved one exhibiting symptoms of substance dependence is to focus on the person, not the dependence — stay positive and reach out for help.**

Admitting a substance abuse problem is a difficult task. Keeping an open mind will help create a safe environment that may encourage service members to talk more openly and seek help.

Reference:
The Role of Family and Loved Ones in Substance Misuse. (n.d.). Retrieved August 6, 2015, from <http://realwarriors.net/family/support/substanceabuse.php>

TIPS FOR HELPING YOUR LOVED ONE

DO:

1. Offer sympathy and support
2. Actively listen to their concerns
3. Acknowledge concerning behaviors
4. Seek expert advice
5. Consult others 'in recovery'
6. Assist with chosen form of treatment

DO NOT:

1. Panic or offer pity
2. Offer monetary assistance
3. Set unrealistic goals
4. Cut off dialogue
5. Influence treatment

If you think you might have a drinking problem, don't hesitate to get help. Self-referrals allow you to get help before a problem becomes an incident—or worse, you endanger the lives of the ones around you. You can start by talking to your command DAPA. Commanding Officer, doctor, or chaplain.

SOCIAL MEDIA MESSAGES

The below social media posts provide short, concise messaging for DAPAs, ADCOs, PAOs, health educators and Navy leadership to share with Sailors through social media channels.



Keep What You've Earned Campaign

- As the summer months draw to end, many of us will be hosting and attending barbeques and end of summer activities. If you're a host, make sure you have non-alcoholic beverages available. If you want to spice things up, offer mocktails like the ones seen here: <http://allrecipes.com/recipes/drinks/mocktails> #friendsdontletfriendsdrivedrunk #takethekeys
- September is National Recovery Month—are you or someone you know struggling with an alcohol problem? The Navy's first priority is your health and safety—we're here to support you. At any point, if you recognize that alcohol has become too big of a player in your life, talk to your chaplain, doctor, Drug and Alcohol Program Advisor (DAPA), or command leadership.
- If you're hosting a Labor Day party this weekend, remember that you could be held liable for anyone who drives after drinking at your party. Ask your friends how they plan on getting home safe before they start drinking. #friendsdontletfriendsdrivedrunk #takethekeys
- If you think that a friend or shipmate needs help controlling their drinking, don't wait until they hit rock bottom—talk to them about your concerns. Remember that you can always ask your Command DAPA or SARP counselor for advice—they're the experts. Shipmates look out for one another and keep each other safe. <http://1.usa.gov/1NcNXGC>

Prescription for Discharge Campaign

- Do you make coffee and toss out the coffee grounds? Do you have kitty litter at your house? Well now they can serve a dual-purpose: these items can be used to properly dispose of your unused or expired prescription medications. Find out more on how to dispose at www.nadap.navy.mil/#whoknew <http://bit.ly/1IZRp9P>
- 50% of all prescription drugs taken in the U.S. are misused in some way. Do you know what qualifies as misuse of prescription medications in Navy policy? Check out the Prescription for Discharge website for more information at www.nadap.navy.mil #knowthefacts
- Do you have unused or expired medications? Take them back free of charge to your Navy Medicine facility or local pharmacy as part of National Take-Back Day on September 26 from 1000 to 1400. Visit www.dea.gov and click on the "Got Drugs?" banner at the top of the home page to find a participating location near you. #TakeBackDay http://www.deadiversion.usdoj.gov/drug_disposal/takeback
- Tell a friend: Taking prescription drugs that have not been prescribed to you is considered misuse and can result in disciplinary action. #sharingisNOTcaring #TellOnePerson

NEW

URINALYSIS PROGRAM COORDINATOR COURSE

The new Urinalysis Program Coordinator (UPC) course is now available on Navy Knowledge Online (NKO) and can be found under this course number CPPD-UPC-2.0. This course provides all the information a Urinalysis Program Coordinator (UPC) needs to know to run the command urinalysis program. It also provides simulations of the Navy Drug Screening Program (NDSP) to help the UPC familiarize them with the software. To find the course visit www.nko.navy.mil and select the ELearning tab.